BENGALURU, MONDAY, NOVEMBER 27, 2023 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 27 | Min 19 | Humidity 69% Partly Cloudy Sensex 65,970 | Nifty 19,794 | Gold 61,370 | Silver 73,915 | Dollar 83.31 | Euro 91.23 | GBP 104.98

WALK ON

Citizens' footpath audit

PAGE 3

POWER TRIP

Demand spike from Feb

PAGE 6

Delay in BBMP council election has been holding up critical ward committee meetings – where citizens raise grievances – for over a year

NOW, THAT'S AWK-WARD!

Taxpayers don't know whom to approach to fix civic issues

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Chances of election to the Bruhat Bengaluru Mahanagara Palike (BBMP) council being held in December are bleak. That means citizens of Bengaluru have to cope with civic issues till the general election is held in 2024.

The general election is expected to be held in April or May to elect representatives to the Lok Sabha.

The election to the BBMP council, however, was supposed to be held in December but it seems no political party is ready to think about contesting to the BBMP council till the Lok Sabha polls are over.

The delay in holding election to the BBMP council has a cascading effect on ward committees that are vital for citizens -- to raise civic issues during the monthly meetings of respective ward committees.

Many residents and social activists are of the view that the ward committee meetings used to serve as a platform where the authorities concerned are available to understand and resolve residents' grievances and civic problems.

CONTINUED ON PAGE 8 »

"Engineers from BBMP, Bescom, BWSSB, police used to attend ward committee meetings... for residents to raise civic issues..."

— Satish Rao, social activist, Indiranagar

Under the feather? Try imping

Feather procedure for injured urban species – black kites, parakeets, barbets – helps them fly again

Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

In Kengeri, a team of vets at the People for Animals (PFA) hospital have unveiled a transformative technique — 'imping' — a lifeline for injured birds to take to the skies again.

This approach involves attaching feathers to birds through an overnight operation, saving them from prolonged captivity and providing a rapid path to rehabilitation.

Imping repairs broken or damaged feathers, replacing a damaged feather by joining a donor feather to its shaft using a dowel and glue. The repaired feather naturally molts out, making way for a new feather to grow and replace it. This innovative technique has proven particularly effective for birds entangled in various hazards, such as Chinese manja threads, electric wires, or suffering from dehydration in water bodies.

Colonel Dr Navaz Shariff, chief veterinary surgeon at PFA, said: "We have a feather bank. We perform the imping process on a variety of birds, with a focus on species like black kites, parakeets, and barbets. These birds often lose their feathers and become injured due to entanglements, leading to a loss of their natural instincts."

Challenges

Birds frequently face perilous situations, with some getting entangled in dangerous threads or electrocuted by electric wires. Dr Shariff narrated the story of a black kite rescued less than two weeks ago,

CONTINUED ON PAGE 8 »

VK Street Sambhrama fiesta

Nostalgia meets celebration as Sahakaranagar residents unite for vibrant street festivities

PICTURES: GANESH KS

In a vibrant show of public spirit, residents of Sahakaranagar thronged the streets to immerse themselves in the festivities of VK Street Sambhrama. This special event, making its debut in Sahakaranagar on Sunday, was a joint effort by Vijay Karnataka and Bangalore Mirror in association with Sahakarnagar Residents' Welfare Association. The celebration featured various activities, with women showcasing their artistic skills through rangoli, and kids expressing their creativity on paper.

The streets buzzed with the laughter of children engaging in fun games like the lemon and spoon race and skipping, where the challenge wasn't just to play but to master the art of balancing the spoon. Pottery enthusiasts also got their chance to try their hand at moulding clay. The festival turned into a shopping haven with numerous stalls offering a variety of goods.

Participants from every corner of Sahakaranagar, spanning across all age groups, joined the revelry, turning the occasion into a genuine hometown celebration. For many, it was a nostalgic journey, reminiscent of childhood days spent playing 'goli' and 'buguri' on the streets of Sahakaranagar. A resident shared, "My childhood memories are always attached to the streets of Sahakaranagar. Thanks to VK Street Sambhrama, my childhood was relived."

A kaleidoscope of entertainment

Children engaged in a spirited musical chair competition, cheered on by parents, creating an atmosphere of joy and excitement. 'Lagori,' a traditional Indian game with no time limit, added a nostalgic touch to the festival, evoking memories of childhood games. Children displayed their artistic talents in an art competition, and a wall painting competition added vibrant murals to the festivities.

The fancy dress competition featured interesting costumes, with young participants embodying various characters.

In the spirit of celebration

"Being a resident of Sahakaranagar, this is one of the best programs I have seen in my life. The programme was very well organised. There was something for everyone, which was the best part. All the games were free, and we could participate in as many games as possible. There was a lot of fun," said Girish M, a resident.

Sundar Krishna, another participant, said, "As family members, we had never taken part in group games. This was the first time my entire family was part of the games. Thanks to VK Street Sambhrama, we all could participate together. This is the true sense of 'sambhrama' or celebration for us." Dhanya D, a homemaker, said that playing these games brought back her childhood memories and that people of all ages celebrated. "We all danced together and enjoyed ourselves. Events like this should happen more often. Life is full of stress on a daily basis. A street festival is a wonderful event to reduce such stress," she said.

— Prakash VL

1. Kids unite in joyful dance workshop;
2. Residents spin 'burugis' with enthusiasm;
3. Lamp lighting ceremony at the VK Street Sambhrama;
4. Lagori's timeless charm unfolds as children come; together for a game;
5. Residents explore the art of pottery;
6. Residents adorn the streets with colourful rangolis;
7. Children creating memories with every carrom flick;
8. Kids whirl in the fun of a musical chair game;
9. Residents sway to a delightful rhythm in togetherness.

Danger at every step of your path

OFC mess, debris, encroachment, broken slabs — Whitefield residents' footpath audit reveals it cannot get much worse

| Melvin Mathew
c-melvin.mathew
@timesgroup.com

TWEETS @BangaloreMIRROR

After the shocking electrocution incident at Hope Farm junction that claimed two lives, citizens have been on the edge. Now, Whitefield residents have taken the initiative to identify the various issues pedestrians face while using the footpaths. Residents are conducting footpath audits on weekends and reporting issues on the Sahaya app.

Even after the incident involving the death of a mother and child due to electrocution, citizens say the situation has not changed. The idea is to raise the issue of the pathetic state of footpaths, after conducting audits within Whitefield, so that at least then the issues can be rectified.

Under the new initiative, Safe Footpaths Action campaign, residents gather on Saturdays and Sundays and walk through different footpaths. Residents noted that one of the primary reasons for the unfortunate incident is that live hanging wires are not the only problem. Footpaths can be found uneven, dumped with debris, messed up with OFC cables, missing slab covers and the pedestrians have to constantly look at the ground while walking. Residents say that officials must take routine drives and resolve the issues and prevent a repetition of the unfortunate incident.

53 complaints in 1 day

On November 25, a few residents gathered at Hope Farm Junction and walked in three different directions. While conducting the footpaths audit, they were able to register 53 complaints on the Sahaya app. Complaints were registered from footpath encroachment, OFC cables, etc.

"After the electrocution incident, we realised that footpaths are a hazard for pedestrians. There are multiple issues on the footpath. Sometimes, the drain covers are missing, the ground is uneven, and bikes are parked on them.

During our audit, we noticed that OFC cables were hanging from trees and streetlights, there were level differences in footpaths, encroachments, and houses that have extended their slope onto footpaths. The major problem is that there are so many OFC cables hanging, sticking out and cut, we don't know which is a live wire and which isn't," said Sandeep Anirudhan, a civic activist.

Another resident Gautham Mishra told BM that people have gotten used to the apathy.

"The incident was a wake-up call to the reality of footpaths. This accident could happen to any of us. Instead of holding a protest, we have decided to conduct audits. The situation of these footpaths is only getting worse and we want a solution. We want to highlight the issues to authorities. During our audit, we found that on ECC road, after underground drain repair work, the debris has been dumped around for the past two months. In another area, we noticed that group operating switches are affixed at pedestrian height and obstruct their passage. BESCOM needs to upgrade its infrastructure," he added.

"The infrastructure is too primitive and outdated. While they can secure the hanging wires and secure hanging lever rods above 7-8 ft, BESCOM needs to upgrade all these outdated and clumsy infrastructure sooner than later. What a contrast that the IT capital of the world electricity distribution infrastructure of the 19th century," he added.

Giving it all,
every single day
is your life's SIP
SIP for your life
Scan to know more or
contact your MFD / RIA
Advantages of SIP
Freedom from
timing the market
Flexibility to choose
investment amount
HDFC
MUTUAL FUND
BHAROSA APNO KA
An Investor Education and Awareness Initiative
SIP - Systematic Investment Plan. Visit https://www.hdfcfund.com/information/key-know-how to know more about the process to complete a one-time Know Your Customer (KYC) requirement to invest in Mutual Funds. Investors should only deal with registered Mutual Funds, details of which can be verified on the SEBI website (www.sebi.gov.in/intermediaries.html). For any queries, complaints & grievance redressal, investors may reach out to the AMCs and / or Investor Relations Officers. Additionally, investors may also lodge complaints on https://scores.gov.in if they are unsatisfied with the resolutions given by AMCs. SCORES portal facilitates investors to lodge complaint online with SEBI and subsequently view its status.
Mutual Fund investments are subject to market risks, read all scheme related documents carefully.

RWAs' proactive push for sanitary landfills initiative

10th National Conference of Residents' Welfare Associations advocates for eco-friendly waste disposal methods; RWAs ask for government collaboration

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Residents endorse sanitary landfills for a waste management revolution in the city

The 10th National Conference of Residents' Welfare Associations (RWA) has proposed some useful suggestions to the Central Government and State Governments to save energy and protect the environment in the country. One of the suggestions includes having sanitary landfills to address garbage and environmental issues in and around Bengaluru.

"We have demanded that the government introduce sanitary landfills instead of traditional landfills to dump waste. Sanitary landfills are being used for dumping waste in many countries and one or two states in the country. The conference suggested the state government focus on sanitary landfills," said Confederation of Residents Welfare Associations President Col. Tejendra Pal Tyagi. If sanitary landfills are maintained properly, there will be no issues, including bad odour and pollution in the environment around the landfills in and around Bengaluru, he added.

Col. Tyagi was in the city on Saturday to preside over the conference, attended by representatives of several associations across the city. Emphasising the need to address garbage woes scientifically, he said that municipalities and the government penalise people for throwing garbage or waste on the road. "I am of the opinion that dumping waste in an open ground or place by municipalities is also a crime. The sanitary landfills can be used for plantation after these landfills are full," he further added.

Waste can be disposed of on land without disturbing the environment and public health through the sanitary landfill method by utilising engineering skills and covering waste with a layer of earth to ensure the least exposure of waste to the air.

> **"We have demanded the government to introduce sanitary landfills instead of the traditional landfills to dump waste. Sanitary landfills are being used for dumping waste in many countries and one or two states in the country**
>
> – Col. Tejendra Pal Tyagi, President, Confederation of Residents' Welfare Associations

Another suggestion the conference made is empowering residents' welfare associations to get 20 per cent of grants allocated by the Finance Commission. The 20 per cent of the grant is called a performance grant. "Our demand is to take residents' welfare associations into confidence while preparing developmental plans at the municipality level. If the respective municipality fails to complete the development project as per schedule and fails to publish details of the developmental work in the media, the government should divert 20 per cent of the performance grant to the residents' welfare associations," Col. Tyagi said.

Some members of residents' welfare associations that attended the conference said that it was very useful. "We have an opportunity to know how the RWAs are functioning in other states. I am of the opinion that the public should and must join hands with local authorities to find solutions to garbage and other issues," said Naveena Sridhar of Malleswaram Swabhimana Initiative. Stating that RWAs are key at the municipal level of governance, Vinod Jacob of Namma Bengaluru Foundation has said the key discussions were on the civic and policy issues that can bring better governance and solutions on the ground. "The key issues focused upon were to advocate better infrastructure for local communities like land usage, roads, footpaths, electricity, safety, garbage, landfills, and air and water pollution. The theme of the meeting was to save energy & protect the environment," said Jacob.

Meanwhile, Union Minister of State for Skill Development & Entrepreneurship and Electronics & IT Rajeev Chandrasekhar, in his virtual address, emphasised the pivotal role of RWAs in shaping and determining the future of Bangalore.

"I believe that Bangalore has experienced disappointments at the hands of successive politicians and public figures spanning several decades. Regrettably, it is no secret that the voices of citizens, unfortunately, have, to a significant extent, been disregarded by influential contractors and other facilitating entities driven by their vested interests," expressed the Minister.

SWR restores Bengaluru-Hubballi Superfast Express

South Western Railway (SWR) has reinstated Train No. 07339/07340 SSS Hubballi-KSR Bengaluru-SSS Hubballi Superfast Express from SSS Hubballi starting November 30 until February 29, 2024, and from KSR Bengaluru from November 30 until March 1, 2024, with existing timings, stoppages, and fare structure.

The move comes after severe outrage among regular commuters against the stoppage. The SWR, in a press release, stated that the Superfast Express had been halted due to low occupancy.

"Accordingly, the patronage is monitored continuously, and special trains are run to destinations with higher demand from time to time. It may be noted that Train No. 07339/40 had an average occupancy of about 60 per cent during weekdays, with higher demand observed during weekends or holidays only," said Chief Public Relations Officer Aneesh Hedge, emphasising that the Bengaluru-Hubballi Superfast Express was a special train.

However, frequent commuters claimed that the train experienced good ridership, alleviating the burden on other trains on the same route.

Commuters also noted that the divisional railway manager had tweeted the reason for cancellation as 'RUB work at Hosdurga Road,' and they were irked by varying reasons for cancellation. Rail activists from the city told Bangalore Mirror that the train might have been temporarily suspended to introduce a special train to Bikaner to assist commuters for the Rajasthan Legislative Assembly Elections.

The trains, now reinstated, will consist of one AC two-tier coach, one AC three-tier coach, 11 second-class sleeper coaches, four general coaches, and two second-class luggage-cum-brake vans and Divyangjan coaches. — BMB

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Bin bother
Bagalur

The location of Bagalur Santhe has no proper dustbins. The authorities concerned need to resolve this issue.

Shaky gear
Nandini Layout

An equipment at the BHEL Park gym is shaking and could be dangerous. It requires urgent attention.

Dump decay
Aravindnagar

Trash has not been cleared for many days, and residents near Oil Mill Road, specifically around SAI Electronics, are experiencing a foul smell, possibly from a dead rat.

Race is on

Day two of the Kambala event at Palace Grounds was also a huge hit. Sunday crowds thronged the event as racers and their animals got into the competitive spirit. Various cultural events were also organised to keep the audiences hooked.

PICS: KAUSHIK JN

Nude shock in Indiranagar

Naked man, running and screaming in residential area, reportedly taken to NIMHANS

Ahna Prakash
c-ahna.prakash@timegroup.com
TWEETS @BangaloreMIRROR

It was just a regular Sunday for Naveen till he stepped out of his house and spotted a man fully naked running in front of the house in Indiranagar. The man was running and screaming in the largely residential neighbourhood.

Naveen said this is the first time such a thing has happened in the area and "for a few seconds, my mind didn't process anything".

He then clicked a photo of the incident and shared it in a WhatsApp group of the residents, and some people suggested that he call the police.

"I didn't go to the office on Sunday and just wanted to go to the street to run some errands, and then suddenly I spotted this middle-aged man running naked. This is a concerning matter because a lot of children also live in the area. I didn't know what to do, so I informed people in the group to be alert," he said.

He was later informed by his father that the man has been taken to NIMHANS.

"Mental health issues are a stigma in our society, but one must handle such cases with sensitivity. I have also heard that the person has been admitted to NIMHANS

–Dr Shashi, resident of the area

Another resident, Anil, who was taken by "surprise" from the incident says that he might have seen the same man shouting in the area a few days back.

"My first instinct was that we should call the police. As we are not very sure what is the background of the case, so we can't handle it on our own. This was the very first incident that I am hearing about a naked man running on the street. However, a few days back, a man was also seen screaming and running in the area," said Anil.

Dr Shashi, a resident of the area, said that this matter should be taken seriously and mental health care should be given to the person.

"Though it is shocking to see such a thing in our area, we don't know what that person is going through. This fellow was also spotted during Deepawali and someone had called the police. But even the police said that instead of them, the residents should take him to the doctor. Mental health issues are a stigma in our society, but one must handle such cases with sensitivity. I have also heard from people that the parents of the person have admitted him to NIMHANS," he said.

Stop the noise

Basavanagudi residents have complained to police about the usage of traditional trumpets (Tutoori) during the Kadalekai Parishe. The residents have told the police that many children and youngsters use this during the festival, disturbing the peace in the area.

The residents complain that the trumpet not only causes noise pollution but also is very disturbing for people who are suffering from heart diseases. They have also told the police that senior citizens in the area want a ban on its use.

The police have also assured the residents to stop the use of trumpets this year.

Residents claim that if the matter is not settled this year, they might approach the court.

aanvii HEARING
Hear • Connect • Live
Silk X
This Diwali
Enhance your Hearing with
Nearly Invisible Hearing Aids
ADDITIONAL OFFERS
Home Visits Available*
4 Years Warranty*
No Cost EMI *
365 Days Damage Protection*
FREE HEARING TEST & TRIAL*
Date: 27th Nov - 7th Dec
92 9490 9490
4.9 Google RATING
Speech Therapy Service Available
Aanvii Hearing Solutions Pvt Ltd
India's MOST TRUSTED BRAND in Hearing Care
Branches:
Bannerghatta Brookfield ITPL Cunningham Road Ganganagar HSR Layout Indiranagar
Jayanagar JP Nagar Koramangala Kengeri KR Puram Marathahalli Nagarabhavi
Nandidurga Road New BEL Road Padmanabhanagar Rajarajeshwari Nagar Richmond Road
Sahakaranagar Sarjapur Vijayanagar Vidyaranyapura Thanisandra Whitefield Yelahanka
79 CLINICS | 23 CITIES | 10 STATES | www.aanviihearing.com | /aanviihearing

Come February, power struggle to get real

State govt bracing for spike in demand; taking measures such as buying, swapping electricity

| Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

The power sector is already witnessing unprecedented demand, but next summer is going to be a bigger challenge. Officials say that they are expecting that the power demand will spike from February next year and summer will be a scorcher. With poor storage at the hydel reservoirs, the situation may turn critical.

Energy Minister KJ George said, "Looking ahead to the upcoming summer, the Energy Department is gearing up for an expected average power demand of 15,500 MW to 16,500 MW in February, March, and April 2024. In fact, the power demand is currently double pf what we had seen last year."

He said that measures being taken include procuring power from the energy market, swapping power from Punjab and Uttar Pradesh, maximising state thermal generation, and restarting generators on AOH. "Additional steps involve increasing generation from KPCL thermal stations, initiating a short-term 1500 MW power purchase, and imposing Section 11 on state embedded generators."

George said that the government has also taken steps to increase power generation, such as obtaining gas for the Yelahanka Combined Cycle plant, adding 1,100 MW hybrid capacity from Solar Energy Corporation of India, planning a Green Energy Corridor proposal, and imposing Section 11 on state generators. Additionally, initiatives like the Kusum C project, the 2,000 MW pumped storage generation project at Sharavathi, and a proposed captive coal mine under private/joint venture in Godna, Chattisgarh, are under way. The government has signed an MoU with Tehri Hydro Development Corporation (THDC) to implement over 2,500 MW of solar, wind, and pumped hydro projects in the state with an investment of Rs.15,000 crore.

He said that there were efforts to enhance power generation, including imposing Section 11, power swapping from other states, and purchasing from the energy market. The Chief Minister had instructed the restoration of seven hours of power supply to the IP set feeders. "The state government took various measures to meet the increased demand due to severe drought, with the daily state power demand currently at around 14,000 MW and IP set power demand at about 4,500 MW. Furthermore, the government has decided to waive outstanding amounts for Bhagya Jyoti/Kuteera Jyoti consumers and has agreed, in principle, to waive accumulated interest for coffee growers with IP sets of 10 HP and below in Kodagu, Hassan, and Chikkamagalur districts."

State government has also taken steps to increase power generation to meet increasing demand

> **"Looking ahead to summer, the Energy Department is gearing up for an expected average power demand of 15,500 MW to 16,500 MW in February, March, and April 2024**
>
> –KJ George, Energy Minister

On Constitution Day

| Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMirror

Bengaluru celebrated the 75th Constitution Day through blood donations drives, lectures revolving around the Constitution and a cyclathon titled 'Pedal for Samvidhana'. Constitution Day is observed to commemorate November 26, 1949, when the Constitution was adopted by the Constituent Assembly of India.

Over 40 cyclists pedaled their way from Ashoka Pillar to Constitution Circle via Town Hall and Vidhana Soudha in order to commemorate the day. "Happy to have clocked 50 km to commemorate the Constitution Day. It was fantastic to learn so much about iconic places of Bangalore and a little bit more about our constitution," said Vijay Shenoy, one of the participants, on X (formerly Twitter). Blood donation camps were also held at Ashoka Pillar and the Constitution Circle till 3 pm.

Constitution Day was celebrated at the Vidhana Soudha on Sunday

India Post had announced that it would be issuing a special cancellation on November 26 to commemorate Constitution Day. The facility has now been extended for a week and will be available from Tuesday.

The department of school education and literacy had earlier issued a circular, directing schools and PU colleges in Karnataka to observe Constitution Day by simultaneous reading of the preamble at 11 am. Schools have been told to display the preamble as well as the fundamental duties of the Constitution in prominent places. Chief Minister Siddaramaiah paid tribute to Dr BR Ambedkar's statue in Vidhana Soudha premises by laying flowers on Sunday morning. The preamble was also read out loud by the chief minister with other officials.

BM Finance Fundas

Income tax implications of investing in mutual funds/shares in child's name

Many parents invest in the name of their children to save for future expenses such as higher education, marriage etc. However, not many people are aware of the income tax implications for investing in their children's name.

"There is no restriction for investing in a mutual fund scheme in the name of a minor. However, the process of making such an investment is an offline process that requires physical copies of all the documents. A parent cannot make investments online in the name of their children," says Senthil G, Chief Business Development Officer, KFintech, a registrar and transfer agent (RTA) to mutual funds and companies.

Income tax implications of investing in mutual funds/shares in the name of a minor

To invest in equities and mutual funds in the name of a minor, a separate account must be opened. A parent can open a demat account in the name of the minor for investing in shares. A separate mutual fund folio must be created to invest in the name of the minor.

Gains from investments made in the name minor attract clubbing provision of the Income-tax Act, 1961. Any income arising or accruing to investments made in a minor child's name is added to the parent's taxable income if the source of funds was the parent itself. The child includes all children including stepchild and adopted child.

"Capital gains arising from shares and mutual fund investments made in the minor's name will be clubbed with the income of the parent or guardian for tax purposes. The total income of the parent or guardian will increase because of clubbing. The income is clubbed in the hands of the higher-earning parent," says Akhil Chandna, Partner, Grant Thornton Bharat, a business and tax consultancy company.

For example, if a parent had invested Rs 85,000 in a mutual fund in the name of his/her minor child. It may happen that the parent who had the least income among both the parents contributed solely for this investment. However, for the purpose of income tax, any income from the sale of such investment while the child is a minor will be clubbed with the income of the parent earning more.

This is because although the source of payment for such an investment can be any parent, at the time of redemption, the gains would only be clubbed with the income of the higher earning parent.

- Neelanjit Das, ET Online

NOTES FROM THE FIELD

Tips to become a politician

Chief Minister Siddaramaiah recently responded to a student's inquiry about entering politics, advising, "To become a politician, one should hold a steadfast commitment to ideology and possess a clear vision. If you demonstrate unwavering commitment, the public will accept you. Having the blessings of the people allows you to sustain a political career. In a democracy, the people are the ultimate decision-makers, and one should not act against their interests. Upholding honesty in public service is crucial for becoming a good politician."

Tragedy after tragedy

If the World Cup loss wasn't enough, Karnataka Primary School Teachers Association President Shambulingana Gowda faced more unfortunate news. Gowda revealed that after the World Cup, on Sunday last, he headed home. Around 11:15 pm, he confirmed that the Innova car he was using was locked. However, after an hour or so, his car was missing from the spot. Adding to the distress, Gowda mentioned that this wasn't the first time he lost his car, as his previous car too had been stolen.

Catch the rodent

The recent incidents of two individuals losing their lives due to electrocution have sent shockwaves through the entire city. BESCOM officials were quick to attribute the blame to rodents. However, Kannada activist and former MLA Vatal Nagaraj ridiculed the officials for this claim. He questioned why the officials didn't cite reasons like a tiger or lion being involved, suggesting that they had bitten the wire. Nagaraj also wondered if the rodent responsible would be found and arrested.

Poster war

While posters are banned in the city to prevent defacement, a recent clash between former CM HD Kumaraswamy and Deputy Chief Minister DK Shivakumar over allegations of power theft has sparked a new poster war. Posters depicting HDK in a negative light were plastered in different parts of the city. Citizens are left questioning why political conflicts should result in defacement of the city.

Late to the party

It's not just students who are late for classrooms; many officials also seem to be unable to make it in time. Recently, Revenue Minister Krishna Byregowda, while traveling from Bengaluru to Ballari, decided to make a surprise visit to the Kudligi tahsildar's office. To his surprise, even after 10:30 am, the tahsildar had not arrived at the office, and many were waiting for her. Byregowda decided to wait until the tahsildar arrived and questioned her about not reaching the office on time.

Political challenge

Deputy CM DK Shivakumar asserted to the media that he was ready to quit politics if allegations against him, suggesting he was running a theatre screening adult films, were proven. Responding to reporters at the KPCC office, he said he did run a touring talkies named after Indira Gandhi and had three to four movie tents in various locations. Shivakumar challenged anyone to visit the theatre in Hunasanahalli and verify the type of movies being screened, dismissing the allegations and expressing respect for the position held by Kumaraswamy despite his frequent targeting.

— Sridhar Vivan

LOCKER NO: 32/R5/0155 NOTICE kotak Kotak Mahindra Bank

Locker hired by **Mr. Syed Mukhtor Ahmed & Mr. Syed Sarwatha**, having address at 35, 1st Main, 2nd Cross, T P Venugopal Layout, Ganganagar, R T Nagar, Bangalore- 560032, with the Sadashivnagar Branch of Kotak Mahindra Bank Ltd., situated at No.19, (Old No.86), Lower Palace Orchards, Li Main Road, Sankey Road, Sadashivanagar, Bangalore–560003, has remained non-operational for the past 4 years. All the 3 letters sent to Mr. Syed Mukhtor Ahmed & Mr. Syed Sarwathacalling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mr. Syed Mukhtor Ahmed & Mr. Syed Sarwatha within 90 days from the date of this notice, break open of the said locker will be done on 27th Feb, 2024 at around 12.00 PM.

LOCKER NO; 32/R8/0233 NOTICE kotak Kotak Mahindra Bank

Locker hired by **Mr. Anand A. S.,** having address at No. 2027, 4th Cross, B sector, Yelahanka, Bangalore- 560064, with the Sadashivnagar Branch of Kotak Mahindra Bank Ltd., situated at No. 19, (Old No. 86), Lower Palace Orchards, Li Main Road, Sankey Road, Sadashivanagar, Bangalore– 560003 has remained non-operational for the past 8 years. All the 3 letters sent to Mr. Anand A. S. calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mr. Anand A. S. within 90 days from the date of this notice, break open of the said locker will be done on 27th Feb, 2024 at around 12.00 PM.

LOCKER NO; 51/R1/0024 NOTICE kotak Kotak Mahindra Bank

Locker hired by **Mr. Nagendranath K.** having address at C-O Sri K Viswanath, No. 26th Cross Street, U I Colony, Chennai – 600024, Tamil Nadu, India, with the Sadashivnagar Branch of Kotak Mahindra Bank Ltd. situated at No. 19, (Old No. 86), Lower Palace Orchards, Li Main Road, Sankey Road, Sadashivanagar, Bangalore– 560003, has remained non-operational for the past 8 years. All the 3 letters sent to Mr. Nagendranath K. calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mr. Nagendranath K. within 90 days from the date of this notice, break open of the said locker will be done on 27th Feb, 2024 at around 12.00 PM.

LOCKER NO; 51/R1/0049 NOTICE kotak Kotak Mahindra Bank

Locker hired by **Mrs. Navita Bansal** having address at 39, 1 A,Crossroad R M V Extension, Bangalore – 560010, Karnataka, India, with the Sadashivnagar Branch of Kotak Mahindra Bank Ltd. situated at No. 19, (Old No. 86), Lower Palace Orchards, Li Main Road, Sankey Road, Sadashivanagar, Bangalore– 560003, has remained non-operational for the past 8 years. All the 3 letters sent to Mrs. Navita Bansal calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mrs. Navita Bansal within 90 days from the date of this notice, break open of the said locker will be done on 27th Feb, 2024 at around 12.00 PM.

LOCKER NO; 21/R7/0215 NOTICE kotak Kotak Mahindra Bank

Locker hired by **Mr. Raghavendra Setty** having address at Mr. Raghavendra Setty C-O Gauri Industries Bangalore-560020 Karnataka India, with the Sadashivnagar Branch of Kotak Mahindra Bank Ltd. situated at No. 19, (Old No. 86), Lower Palace Orchards, Li Main Road, Sankey Road, Sadashivanagar, Bangalore– 560003, has remained non-operational for the past 8 years. All the 3 letters sent to Mr. Raghavendra Setty calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mr. Raghavendra Setty within 90 days from the date of this notice, break open of the said locker will be done on 27th Feb, 2024 at around 12.00 PM.

LOCKER NO; 21/R6/0191 NOTICE kotak Kotak Mahindra Bank

Locker hired by **Mrs. Sudha Patil & Mr. Rajendra Rudra Gowda Patil** having address at No. 94-M, 8th Cross, 12th Main Road, R. M. V.Extn, Bengaluru-560080, Karnataka, India and No. 5, R. S. Plaza, New Bel Road, Bengaluru - 560094, with the Sadashivnagar Branch of Kotak Mahindra Bank Ltd. situated at No. 19, (Old No. 86), Lower Palace Orchards, Li Main Road, Sankey Road, Sadashivanagar, Bangalore– 560003, has remained non-operational for the past 5 years. All the 3 letters sent to Mrs. Sudha Patil & Mr. Rajendra Rudra Gowda Patil calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mrs. Sudha Patil & Mr. Rajendra Rudra Gowda Patil within 90 days from the date of this notice, break open of the said locker will be done on 27th Feb, 2024 at around 12.00 PM.

LOCKER NO; 21/R7/0207 NOTICE kotak Kotak Mahindra Bank

Locker hired by **Mrs. G S Rajashree** having address at No. 201, Hoysala Dreamz, New Bel Road, Senappa Layout, R. M. V. Extension, Bengaluru – 560094, Karnataka, India and Renuka Nilaya, No. 36, 4th Temple Street, Malleswaram, Bengaluru – 560003, Karnataka, with the Sadashivnagar Branch of Kotak Mahindra Bank Ltd. situated at No. 19, (Old No. 86), Lower Palace Orchards, Li Main Road, Sankey Road, Sadashivanagar, Bangalore– 560003 has remained non-operational for the past 5 years. All the 3 letters sent to Mrs. G S Rajashree calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mrs. G S Rajashree within 90 days from the date of this notice, break open of the said locker will be done on 27th Feb, 2024 at around 12.00 PM.

LOCKER NO; 21/R3/0086 NOTICE kotak Kotak Mahindra Bank

Locker hired by **Mrs. Shilpa Jatti & Geetha Jagadeesh** having address at No. 224, 16 Sadashiv Nagar,Ramanamaharshi Road, Ward No. 99, Bengaluru – 999999, Karnataka, India,and No. 5e, 9th Main, R. M. V. Apartments, Sadashiv Nagar, Bengaluru – 560080,Karnataka, India, with the Sadashivnagar Branch of Kotak Mahindra Bank Ltd. situated at No. 19, (Old No. 86), Lower Palace Orchards, Li Main Road, Sankey Road, Sadashivanagar, Bangalore– 560003, has remained non-operational for the past 8 years. All the 3 letters sent to Mrs. Shilpa Jatti & Geetha Jagadeesh calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mrs. Shilpa Jatti & Geetha Jagadeesh within 90 days from the date of this notice, break open of the said locker will be done on 27th Feb, 2024 at around 12.00 PM.

LOCKER NO; 21/R7/0202 NOTICE kotak Kotak Mahindra Bank

Locker hired by **Mrs. S Shilpa** having address at No. 223, Palace View Apartments, Flat No. 403, 3rd Floor, Bellary Road, Sadashivnagar, Bengaluru – 560080, Karnataka, India, with the Sadashivnagar Branch of Kotak Mahindra Bank Ltd. situated at No. 19, (Old No. 86), Lower Palace Orchards, Li Main Road, Sankey Road, Sadashivanagar, Bangalore– 560003 has remained non-operational for the past 8 years. All the 3 letters sent to Mrs. S Shilpa calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mrs. S Shilpa within 90 days from the date of this notice, break open of the said locker will be done on 27th Feb, 2024 at around 12.00 PM.

LOCKER NO; 51/R1/0034 NOTICE kotak Kotak Mahindra Bank

Locker hired by **Mrs. Madhu Balachandra** having address at No. 27, 2 9th Main 1st Cross, Sadashivnagar, Bengaluru Urban-560080 Karnataka India, with the Sadashivnagar Branch of Kotak Mahindra Bank Ltd. situated at No. 19, (Old No. 86), Lower Palace Orchards, Li Main Road, Sankey Road, Sadashivanagar, Bangalore– 560003has remained non-operational for the past 8 years. All the 3 letters sent to Mrs. Madhu Balachandra calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by Mrs. Madhu Balachandra within 90 days from the date of this notice, break open of the said locker will be done on 27th Feb, 2024 at around 12.00 PM.

Get on your bike, park, hop on to the metro

In a bid to create awareness on bicycle parking facilities at metro stations and how it can help in first and last mile connectivity, the Council for Active Mobility (CFAM) organised the "Personal-2Public ViaCycle" campaign in collaboration with World Resources Institute (WRI), B.Pac, and Bangalore Apartment Federation (BAF) at Yelachenahalli metro station on Sunday.

The Directorate of Urban Land Transport (DULT), has deployed 200 cycles bicycle stands in 11 Metro stations and 9 BMTC TTMCs to enable first/last mile connectivity to public transport.

As a partner to the P2P program, CFAM conceptualised this campaign aimed at showing people the bicycle parking facilities and encouraging people to embrace cycling for their first and last mile connectivity to the metro. The first of the many such events, witnessed enthusiastic participation from residents of South Bangalore. The initiative, supported by the Sustainable Mobility Network (SMN) map project, focused on fostering behavioural changes and raising awareness about the benefits of active mobility, specifically walking and cycling, as viable alternatives to motorised transport.

Participants, who cycled from their residences within approximately 5 km of Yelachenahalli metro station, utilised AltMo, a climate action platform, to track their rides and quantify the positive impact of sustainable transport choices. The ride routes provided by participants were added to the SMN map, contributing valuable data on safe and alternative cycling routes for first and last-mile connectivity.

DULT has deployed 200 cycles bicycle stands in 11 Metro stations and 9 BMTC TTMCs to enable first/ last mile connectivity

Sathya Sankaran, Bicycle Mayor of Bengaluru and Founder CFAM, said, "Bicycle provides the lowest cost, lowest emission footprint, most healthy alternative to any other prevailing modes of transport to reach public transport spots which have high frequency services but are beyond walking range. This effort is to popularise the facilities being provisioned by the authorities, and enable people to discover safe routes to reach the stations".

Srinivas Alavilli, Personal2Public Fellow, WRI India stressed that one of the biggest hurdles for switching to public transport is last mile access. "Cycle is a viable option for Bengaluru blessed with pleasant weather and canopy. We must strive to make cycling safer and convenient to all age groups, particularly to daily commuters that are currently driving cars to work and adding to the congestion and pollution. Cycle parking at metro stations and TTMCs is a big step in the right direction," he said. **BMB**

'Imp'ortance of being a bird

CONTINUED FROM PAGE 1

which had lost nearly 50% of its feathers, rendering it unable to fly. The imping procedure became a lifeline for the kite, highlighting the urgency and importance of this surgical technique.

To support imping surgeries, PFA Bangalore collaborates with wildlife conservation centres, urging them to send feathers, particularly from black kites. Feathers are collected daily from the ground and bird enclosures, involving students and other conservation centres.

One of the contributors is Gouri Shivogi, a resident of Bengaluru. She has been collecting feathers and giving them to PfA. In a recent incident, she risked her safety to retrieve feathers from a dead black kite on a busy flyover, we are told. Despite lacking professional training, she got hold of the dead kite and gave it to PfA, so that it will help to give other birds a second chance at life and flight.

Imping process

The imping process involves creating holes in the follicles, and with high-density surgical glue, the feathers are meticulously attached. As the implanted feathers naturally grow back, the artificially attached ones wither and fall away.

Dr Madhav from PFA explained: "We have long enclosures where we keep the birds, and we even put them on higher branches, checking if they can fly down, opening their wings to land on the ground. At the hospital we have moved away from the traditional practice of keeping injured birds confined for months until their feathers naturally regrow. Now, birds are released overnight after imping and successful flight testing.

Your Connect

jobs

SITUATION VACANT

MARKETING, ADVERTISING & SALES

CUSTOMER SERVICE EXECUTIVES

URGENT Requirement of Experienced Telecaller with Good Communication Skills. Salary 10k to 20k+ incentives Age 20-30 Contact:- 9620209532

OTHER VACANCIES

PART TIME JOBS

GLOBAL International India's No.1 Registered Club. Part-Time Job,M&F Daily Income 10,000 to 15,000 PF & ESI. WhtsApp 9538417964/9886959077

real estate

BANGALORE PROPERTIES

KORAMANGALA

3BHK 2085 Sft apartment in Sipani Phoenix Grande. ST Bed. with amenities Call / whatsapp 9945695313/ , 9901999995 V3Group

NELMANGALA

RESIDENTIAL Sites near Nelamangala for sale 30X40, 30X50, (DC Converted) Near APMC Market Rs. 2699/- sqft. Call: 6361192464/ 9731308328.

PADMANABHA NAGAR

HIGH-END quality & Vaastu compliant 3BHK flats for sale.Opp Kadirenahalli petrol pump.Ready2move. Rs.76 & 77 lks+Reg 9739703182,9739702982.

OUTSIDE BANGALORE

MYSORE

SITES @ Mysore DTCP 'A' Khata, RERA, 90% Bank Loan, Immd Reg, off Hunsur Rd, 5Min: NH Yelwala. 10min: Ring Rd, Infosys,vijaya ngr,15min Palace/Railway Station. GSS: www.gssprojects.in 9845287802 / 8050001571

GALLERIA

INDIAN FAMOUS ASTROLOGER

SOLUTION ALL YOUR PROBLEMS like :

Education, Job, Employment, Promotion, Wealth, Financial Problems, Family Disturbance Obtaining Success to Business etc.

Solution within few days

Contact : Pandit SURESH BHAT 9686330981

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

BangaloreMirror | THE TIMES GROUP | VK VIJAY KARNATAKA

Are you looking for a CHANGE OF NAME AD Both in Kannada & English?

Then here it is... a COMBO OFFER in Vijay Karnataka & Bangalore Mirror Classified Section

For more information contact:

AMITH RUDDADGI 9880115666 | SUDARSHAN 9845599777

'Ward committee meeting not held this year'

CONTINUED FROM PAGE 1

They told BM that the taxpayers have been suffering from civic issues as they do not know whom to approach to fix those issues.

"Ward committee meetings were a great help for the residents. All the authorities and engineers from BBMP, Bescom, BWSSB and police (law and order, traffic) used to attend the ward committee meetings as it was easy for the residents to raise civic issues. Now, the residents have to run pillar to post seeking solutions to the civic problems," said Satish Rao, a social activist from Indiranagar. Expressing concern over the defunct ward committees in the city, Sneha Nandihal of I Change Indiranagar said the committee meetings were not held in this year. "I want the authorities to make arrangements for organising ward committee meetings," said Nandihal.

Likewise, Ramakant Nargund of HSR Layout ward committee said he has already appealed to the authorities to hold ward committee meetings but in vain. "The authorities stopped conducting ward committee meetings over a year ago on one or the other pretext. Majority of the ward committees have become defunct in the city. Ward committee meetings are being held at wards that have dedicated and committed BBMP authorities," said Nargund.

Stating that BBMP authorities are yet to wake up from slumber, Kathyayini Chamaraj, executive trustee of CIVIC Bangalore said the authorities stopped conducting ward committee meetings on the eve of the election to the state assembly.

"The BBMP authorities have failed to conduct ward committee meetings after state assembly elections. Ward committees will not be formed till the elections to the BBMP council are held. The authorities have to make arrangements to hold elections to the BBMP council," said Chamaraj.

Meanwhile, a few social activists are of the opinion that the engineers from the BBMP, BWSSB, Bescom, and police inspectors are not interested in attending the ward committee meetings.

"The reason for the apathy of the authorities is they consider attending ward committee meetings a waste of time as they cannot earn money. They feel that they get nothing, except a cup of coffee or tea, and a few biscuits," said a social activist on the condition of anonymity.

HEALTH TIP: Coconut water is packed with electrolytes and low in calories

Quinoa may improve triglyceride levels and improve blood sugar management

mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

TRIM BEAUTY

15 best exercises for weight loss according to science

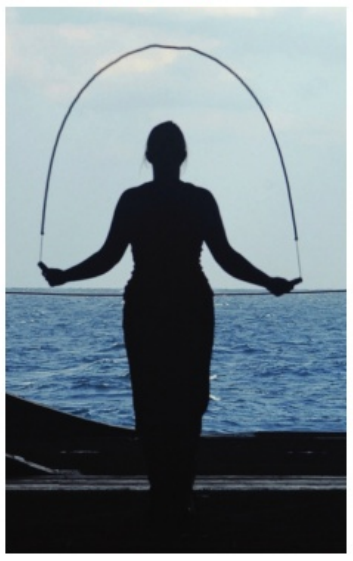
Embarking on a journey to lose weight often involves a combination of regular physical activity, a balanced diet, and overall lifestyle adjustments. Exercise is a key component of this process, helping to burn calories, build muscle, and improve overall health. Let's look at some exercises for weight loss that provide a well-rounded approach to achieving your fitness goals.

1. Walking

Walking burns calories, and weight loss is essentially a result of burning more calories than you consume. The number of calories burned depends on factors such as your weight, speed, and duration of walking. Consistency is crucial for weight loss, and walking can be done regularly without requiring special equipment or a gym membership.

A 12-week study of 20 women with obesity found that walking for 50–70 minutes 3 times per week reduced body fat and waist circumference by an average of 1.5% and 1.1 inches (2.8 cm), respectively.

2. Jumping rope



Jumping rope is an excellent and efficient exercise for weight loss. It offers a full-body workout and can be a fun way to burn calories. Jumping rope engages multiple muscle groups, including the legs, core, arms, and shoulders. This means you're working various parts of your body simultaneously, helping to improve overall fitness and burn more calories.

3. Jogging Or Running

Running is a higher-intensity activity than jogging. It typically involves a faster pace and greater impact on the joints. If you're new to exercise or have joint concerns, starting with jogging and gradually progressing to running may be a good approach. Researchers have found that jogging and running can help burn visceral fat, commonly known as belly fat.

4. Cycling

Cycling engages various muscle groups, including the legs, glutes, and core. Building and maintaining muscle mass can contribute to an increase in metabolism, which

makes it an effective exercise for weight loss.

5. High-Intensity Interval Training (HIIT)

HIIT workouts are typically shorter than traditional steady-state cardio sessions. This makes it easier for people with busy schedules to incorporate effective workouts into their routines, increasing the likelihood of consistency.

6. Hiking

Hiking provides an opportunity to enjoy the outdoors, which can positively impact mental well-being. Being in nature can reduce stress and improve mood, potentially reducing emotional eating or stress-related weight gain.

7. Swimming

Yes, swimming is a great exercise for weight loss. Regular swimming can boost metabolism, helping the body burn calories more efficiently even when at rest. One study on competitive swimmers found that the most calories were burned during the breaststroke, followed by the butterfly, backstroke, and freestyle.[3] Building and maintaining lean muscle mass through swimming contributes to an increased metabolic rate. In fact it can be, one of the fastest weight loss exercises.

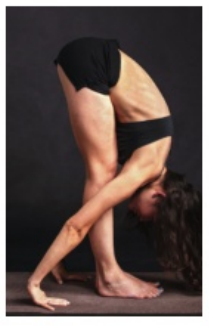
8. Strength Training

One 6-month study showed that doing 11 minutes of strength-based exercises three times per week resulted in an average 7.4% increase in metabolic rate.[4] Strength training improves overall functional fitness, making daily activities easier to perform. This increased physical capacity can encourage a more active lifestyle, contributing to weight loss. In addition, studies have shown that your body continues to burn calories many hours after a weight-training workout, compared with aerobic exercise.

> **Exercise is a key component of the process of losing weight, helping to burn calories, build muscle, and improve overall health**

9. Yoga

Exercise for weight loss at home for females includes Yoga which encourages awareness of your body and its sensations. This heightened awareness can lead to better self-care, including making healthier food choices and being more attuned to your body's hunger and fullness cues helping with weight loss.



While all forms of yoga offer benefits, more active styles like vinyasa, power yoga, or hot yoga may provide a more vigorous workout that contributes to weight loss.

A 12-week study of 60 women with obesity found that those who participated in two 90-minute yoga sessions per week experienced greater reductions in waist circumference than those in the control group — by 1.5 inches (3.8 cm), on average.

10. Pilates

Pilates emphasizes the activation of the core muscles, including the deep muscles of the abdomen, lower back, and pelvic floor. This core engagement helps improve posture and provides a stable foundation for other movements.

11. Kickboxing

Kickboxing incorporates strength-building elements, such as kicks and punches, which can help build and tone muscles. Increased muscle mass contributes to a higher resting metabolic rate, promoting weight loss.

12. Rowing

Rowing machines offer various workout options, including steady-state rowing, interval training, and different resistance levels. This variety helps keep workouts interesting and challenging.

13. Burpees

Burpees are a high-intensity, full-body exercise that can be an effective component of a weight loss program. Incorporating burpees into your workout routine can contribute to calorie burn, increased metabolism, and improved cardiovascular fitness.

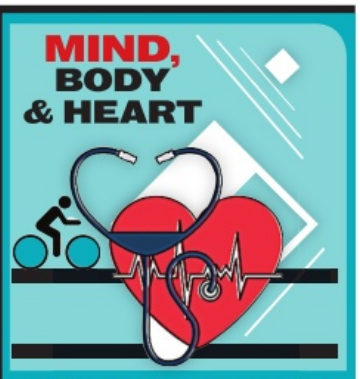
14. Stair Climbing

Whether you're climbing actual stairs or using a stair climber machine, this activity engages multiple muscle groups and provides a cardiovascular workout. It's a simple yet effective form of exercise that can be one of the best exercise for weight loss.

15. Interval Training

Interval training, often referred to as high-intensity interval training (HIIT), is a form of cardiovascular exercise that alternates between short bursts of intense activity and periods of rest or lower-intensity exercise. This training method has gained popularity for its efficiency in burning calories, improving cardiovascular fitness, and promoting various health benefits.

by Prisha Raote, Femina



All you need to know about...

Dental visit for health

Detection of chronic illnesses

Early detection of your risk of chronic conditions like heart diseases, diabetes, obesity and others may be as easy as visiting your dentist, according to new research.

The researchers said that dental professionals can make a marked and positive difference to public health by being trained to spot some of the key markers of chronic disease.

Wake-up call

"A health check at the dentist could provide reassurance for many patients, and a wake-up call for others to become healthier," said lead author Janine Doughty from the Royal Liverpool University Dental Hospital.

"We have someone already sitting in the chair, who visits the dentist every six to 12 months, yet who may not have seen a GP for years. It is simple to give them a few minutes of health checks at the same time," Doughty added.

Health screens

The study, published in the British Dental Journal, saw two general dental practices implement a suite of health screens for those attending regular dental check-ups.

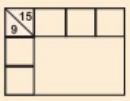
It meant that as well as examining their oral health, patients were offered checks for their blood pressure, blood glucose, cholesterol, body mass index (BMI) and waist-to-height ratio.

Of more than 500 patients seen, 78 per cent had blood pressure values above normal range, well over half (55.8 per cent) were outside of the healthy range for BMI, and almost 40 per cent had an above average waist-to-height ratio. **–IANS**

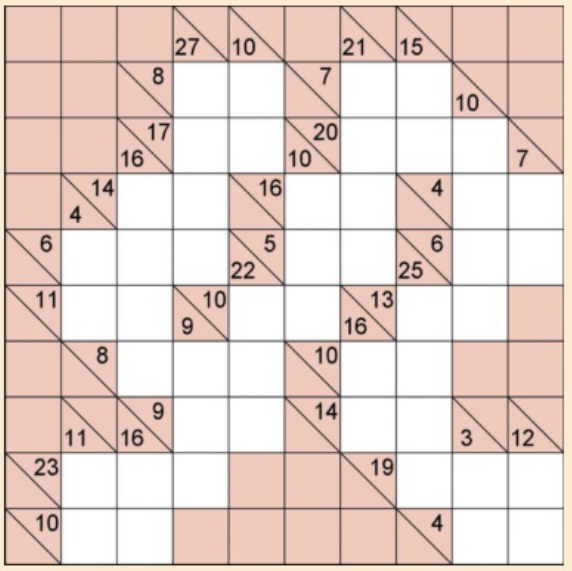
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

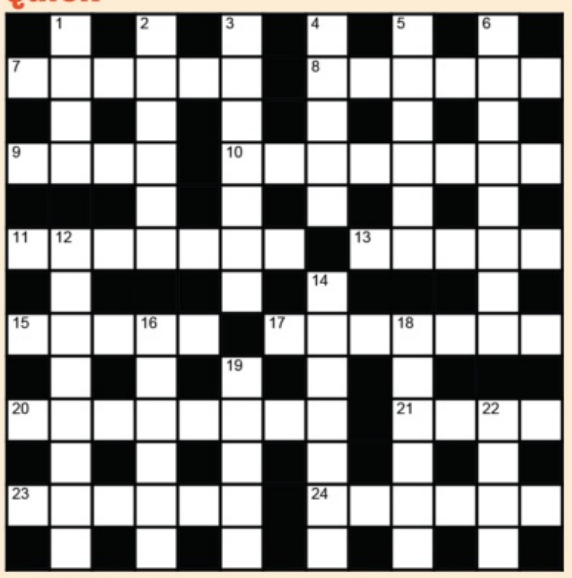
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Haitian religion (6)
8 Close at hand (6)
9 Mesa dweller (4)
10 Embarking (8)
11 Windies paceman Andy ____ (7)
13 Famous Australian city (5)
15 Execute illegally (5)
17 Nuclear device (7)
20 Karnataka Rajyotsava is celebrated on the 1st of ____ (8)
21 Astronaut Armstrong (4)
23 Edge or limit (6)
24 Circus comedians (6)

DOWN

1 Company symbol (4)
2 Look up to (6)
3 National park in Uttarakhand (7)
4 Readily available (2,3)
5 Deal with, control (6)
6 From the start–in Latin (2,6)
12 Words of conflicting sense (8)
14 Belittle (7)
16 Systems of religious belief (6)
18 Make cuts in a movie (6)
19 Call off (5)
22 Small hotels (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS T

BCV KGRFWMRVG LT ORGV HFQRGBHFZBV BCZF BCV OZF KGRFWVM.

Linemaro

I thought happiness started with an H. Why does mine start with U?

Mindchow

People who enjoy meetings should not be in charge of anything.

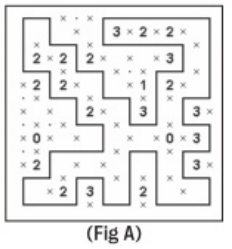
Joke of the day

When I see lovers' names carved in a tree, I don't think it's cute. I just think it's crazy how many people bring knives on a date.

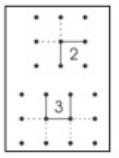
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

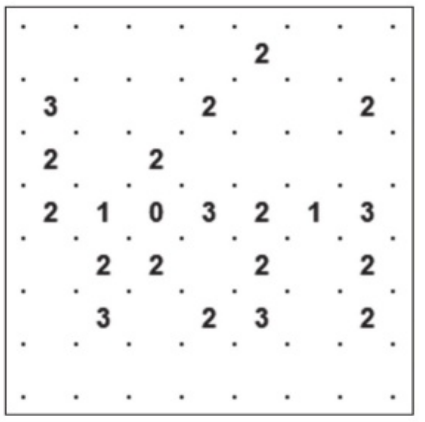


(Fig B) Not Allowed

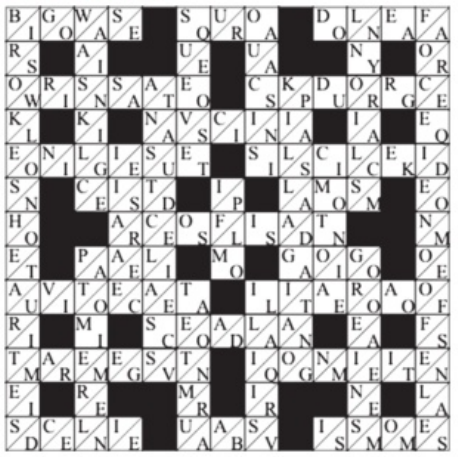
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



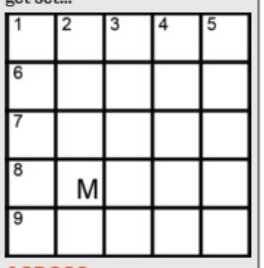
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

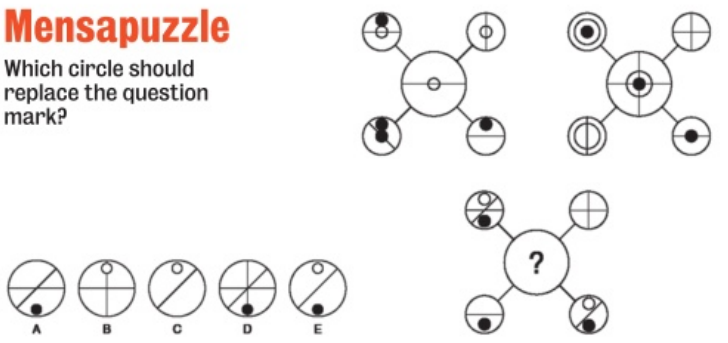
1 Aimer; 6 Rue at;
7 Toner; 8 I a mum;
9 Sepia

DOWN

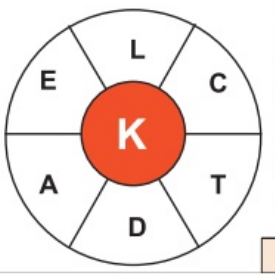
1 Up urn (3-2); 2 Ra Mao;
3 Amati; 4 Times;
5 Ree ie

Mensapuzzle

Which circle should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

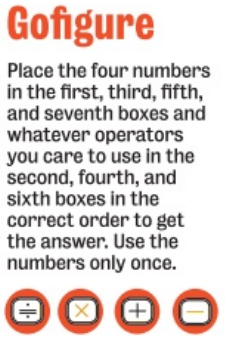
SudokuChallenge

5		1			9			4
			7		1		3	
				3		6		
					5		4	2
	5		6		2		7	
2	4		8					
		6		2				
	9		3		4			
8			9			3		7

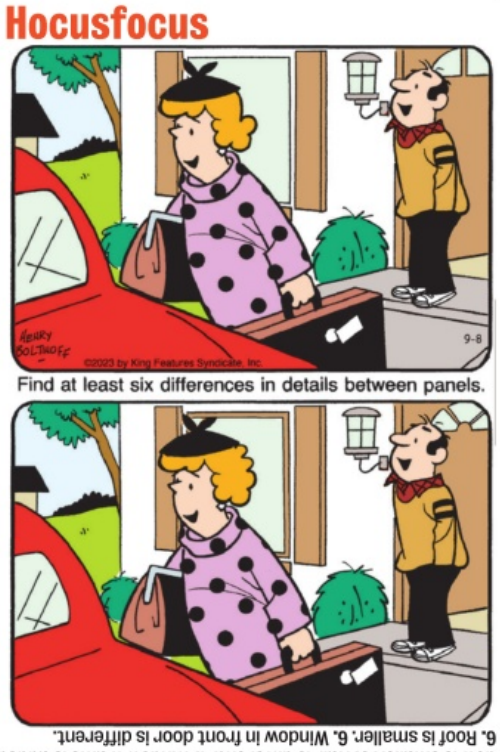
To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus



Find at least six differences in details between panels.

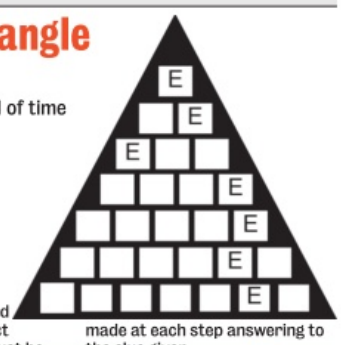
Differences: 1. Decals on suitcase are moved. 2. Rear window is smaller. 3. Hair is different. 4. Window frame is added. 5. Roof is smaller. 6. Window in front door is different.

Riddler

What does this rebus mean? cHIMp

Alpha triangle

1 Second vowel
2 Again, prefix
3 Particular period of time
4 Scoundrel
5 Male duck
6 Cast a shadow
7 Irritated



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

FIRST THING YOU DO WHEN TRACKING A GRIZZLY IS TO FIGURE OUT WHICH WAY HE'S GOING. RIGHT, JERKYMIAH ?
RIGHT
LOOKS LIKE THIS'N GOIN' THAT-A-WAY. RIGHT, CHIEF ?
8-25
RIGHT!

Bizarrotrip

Diamond Lil

Hart of the city

PHILLY MIDDLE
FUN FUN FUNDRAISER
MOM, THERE'S A FUNDRAISER FOR THE NEW LUNCH ROOM!
OH, THAT'S NICE.
AND IT'S A VOLLEYBALL TOURNAMENT.
REALLY?! SAY MORE!!

Crankshaft

I ACTUALLY READ AHEAD AND FINISHED OUR BOOK OVER THE SUMMER!
AS SOON AS I LOCATE MY BOX OF GOLD STARS... I'M GOING TO SEE TO IT THAT YOU GET ONE!
BATIUK & DAVIS

Mutts

IF WE BECOME AN "ADVENTURE" SHTRIP, EARL, THE SHTORY COULD GO ON FOR WEEKS!
BUT WHAT IF WE RUN OUT OF IDEAS!?!
TO BE CONTINUED...
NO PROBLEM.

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon. You may make new plans in terms of business, and your colleagues may be with you to implement your plans. You may recover your stuck money from your clients, which may boost liquidity in the business. After late evening, you may feel some depression, which may affect your sound sleep.

Taurus Apr 21 – May 20
Today, you have control over your opponents and hidden enemies. Decisions in legal matters may come in your favour. Your seniors may be happy because of your hard work, and you may get new responsibilities in terms of promotion. Singles may find a soul mate.

Gemini May 21 – Jun 21
Today, you may be happy and plan to buy some creative stuff, which may improve your lifestyle. You may also spend on your friends and family members. You may plan to make investments in assets. Singles may find a good match, and lovebirds may enjoy their important moments.

Cancer Jun 22 – July 23
Today, you may be seeking peace of mind, but the moon's blessings may help you focus. Investments in property and other assets are advised to be avoided. You may have some happy moments in your domestic life, but it is advised to avoid arrogance and ego with your spouse. Disputes with business partners are likely to be resolved.

Leo Jul 24 – Aug 23
Today, you may be polite with the people around you. Many problems may likely be resolved with the help of your way of speaking. There may be some control between savings and expenditure, which may boost your savings. You may spend on buying some creative stuff to renovate your house.

Virgo Aug 24 – Sep 23
Today, you are advised to control your way of speaking in the family. Your loose talking may affect your family harmony. You may spend your hard-earned money on buying some worthless stuff to maintain your social status. It is advised not to keep your money loose in your pocket. You may face problems related to ears, teeth, and throat problems in terms of health.

Libra Sep 24 – Oct 22
Today is a good day for you. You have good vitality and health. You may enjoy your work, and domestic life may also be good. Healthy partnerships will give you benefits in terms of business. Job seekers will find a suitable job. Lovebirds shall avoid discussing self-respect issues.

Scorpio Oct 23 – Nov 22
Today, you will be a victim of negative thoughts. Impatient nature and arrogance will push you back from making tough decisions. You will be in need of the blessings of your elders, which will help you grow in your work front. You should avoid making investments in dead assets. Lovebirds shall avoid discussing bad moments.

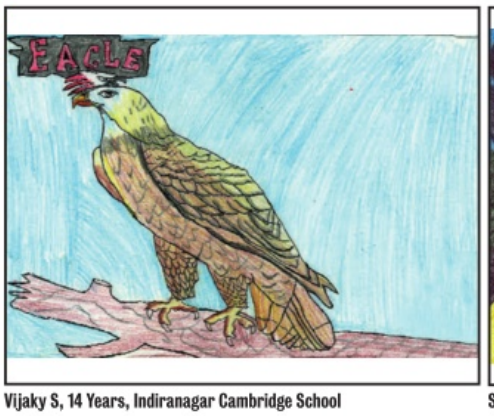
Sagittarius Nov 23 – Dec 22
Today, you must control your way of speaking. You should be careful in terms of hidden enemies and opponents. You may be a victim of conspiracy. It is advised to avoid making investments in risky assets. You must avoid lending money to anyone; it may not be easily recoverable. So, it is advised to do meditation and yoga to get out of stress.

Capricorn Dec 23 – Jan 20
Today, you are in the winning position against your opponents and hidden enemies. Your money, which was stuck, may be recovered today. You may perform your best at work. An important day for lovebirds and singles to make important decisions in terms of marriage.

Aquarius Jan 21 – Feb 19
Today is a good day for you. Last week's crunch is over now. You may initiate your postponed projects. You may get a reward for your hard work, which may boost your confidence. There are some gains in your business which may boost your finances. Natives related to export and import, fashion, and dairy products may do better.

Pisces Feb 20 – Mar 20
Today, you may feel dull, and you may have health issues. Overworking your mind may make you tired. It may affect your domestic harmony. You may arrive late at social or family get-togethers. Losses may be possible in the business; it is advised not to invest in a new business. Lovebirds should avoid being involved in controversies.

KIDZONE



Vijaky S, 14 Years, Indiranagar Cambridge School

Spandana Dilip, 6 Years, Sri Kumarans Children Home

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
√7*3^1-(-2)-3=
√105-2-3=
√105-5=
√100=10

RIDDLER
Making a monkey out of him.

STRIKE OUT

D	E	L	E	A	B	S	I	S	M	S				
E		E		R		N		A						
T	A	M	E	S	T	I	G	N	I	T	E			
R	M	S	E	D	A	N	A	S						
A	V	O	C	E	T	L	I	A	R	O	F			
E	P	A	L	O	G	I	G	O						
H	A	E	O	L	I	A	N	M						
N	E	S	T	P	L	O	S	O						
E	N	L	I	S	T	S	L	I	C	E	D			
K	K	A	S	C	I	I	I	E						
R	I	U	A	Y	R									
O	R	N	A	T	E	S	P	U	R	G	E			
B	O	W	S	Q	U	O	O	L	A	F				

FAST FIVE

R	A	M	I	E
U	R	A	T	E
N	O	T	E	R
U	M	A	M	I
P	A	I	S	E

QUOTE UNCODE
The wrongdoer is more unfortunate than the man wronged.

QUICK

L	A													
V	O	O	D	O	O	N	E	A	R	B	Y			
G	M		R	T	N	I								
H	O	P	I		B	O	A	R	D	I	N	G		
	R		E		P		L		I					
R	O	B	E	R	T	S		P	E	R	T	H		
	X		T		D			I						
L	Y	N	C	H		R	E	A	C	T	O	R		
M		R		A		T		E						
N	O	V	E	M	B	E	R		N	E	I	L		
B	O	R	D	E	R		C	L	O	W	N	S		
R		E		O		A		S		N				
	S		T		T		R		S					
N		S												

MENSA PUZZLE
C: only lines and symbols that appear just twice in the outer inner circle.

BULL'S EYE
cake, caked, deck, kale, lack, lacked, lake, leak, tack, tacked, tackle, TACKLED, take, talk, talked, teak

GO FIGURE
Easy
5 - 6 + 7 + 1 = 5
7 x 2 + 7 - 9 = 12
Medium
3 / 3 x 5 + 4 = 9
Hard

ALPHA TRIANGLE

5	3	1	2	6	9	7	8	4
4	6	8	7	5	1	2	3	9
9	7	2	4	3	8	6	1	5
6	8	3	1	7	5	9	4	2
1	5	9	6	4	2	8	7	3
2	4	7	8	9	3	5	6	1
3	1	6	5	2	7	4	9	8
7	9	5	3	8	4	1	2	6
8	2	4	9	1	6	3	5	7

SUDOKU

LOOP
E, Ra, Era, Rake, Drake, Darken, Ranked.

KAKURO

Volume No 16, Issue No 110 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

No ageism, please Bollywood star Rani Mukerji on Sunday said audience has helped her break the "ageism barrier", enabling her to play a wide variety of characters

Pizza with bae

Sid turns chef to make wife Kiara's Sunday more fun

Celebrity couple Sidharth Malhotra and Kiara Advani are among the most loved B-Town couples and the duo never fails to shower love on each other on social media.

On Sunday, Sidharth turned chef for his wife Kiara and baked a pizza for her. Taking to Instagram, Kiara shared a video of the pizza on her stories which she captioned, "Sunday with the best chef @sidmalhotra Healthy pizza has never tasted better."

Sidharth and Kiara tied the knot in an intimate ceremony on February 7, 2023, at Suryagarh Palace in Rajasthan. The two fell in love with each other during the shoot of their film 'Shershaah'.

Recently, Sidharth appeared on the latest episode of Karan Johar's show 'Koffee with Karan 8' where he revealed the one thing he missed about the single life is "Secretly meeting Kiara."

Even though Sidharth and Kiara did not make their relationship public until they tied the knot, the small gestures from them both at private parties and events definitely left some hints for Karan and Varun to get thinking about it.

Speaking about it, Karan Johar said, "I remember they (Sidharth Malhotra and Kiara Advani) were having a fight, he was having a high fever, and he had come to my party. But it was very sweet, because two hours later, they were sitting together, eating this meal and she was feeding him. At that point, I realized that this is going to happen, they are going to happen."

Meanwhile, on the work front, Kiara will be next seen in director Shankar's next 'Game Changer' opposite Ram Charan. Apart from that, she also has 'War 2' alongside Hrithik Roshan and Jr NTR in her kitty.

Sidharth, on the other hand, will be making his OTT debut with Rohit Shetty's web series 'Indian Police Force' which will stream on the OTT platform Amazon Prime Video.

Apart from that, he also has an action thriller film 'Yodha' in his kitty.

-ANI

Heavy metal gal

Shruti Haasan can't really get enough of heavy metal, as the actress-singer was headbanging to Djent and raising the devil horns, a style of progressive metal which employs downtuned eight-string guitars.

Previously, the actress had already shown her love of hard-edged heavy metal music while working out, listening to bands such as Metallica, Iron Maiden, and Anthrax.

Listening to what sounds like Tesseract, an English progressive metal band, Shruti was in awe of the sheer skill and many rhythmic changes as well as the massive chugging of the guitars, before they proceeded to hit their incredibly complex solos.

However, while rock and metal may be the genres she likes the most, she isn't dismissive of other styles. Indeed, the actress was recently spotted at a 50 cent concert and enjoying herself greatly.

Gearing up for the highly anticipated Prashanth Neel film, Shruti will next be seen on the big-screen alongside superstar Prabhas in the upcoming Telugu action film 'Salaar Part 1- Ceasefire'.

-IANS

Film that inspired Alizeh

Actor Salman Khan's niece Alizeh Agnihotri who made a big Bollywood debut with National Award-winning director Soumendra Padhi's film 'Farrey', revealed that one of her inspirations to become an actor was when she watched Alia Bhatt's 'Highway'.

In an interview with News18, Alizeh shared that when she was on a flight returning home from college, she watched 'Highway'.

She added that it inspired her to try her hand at acting as she realised there is a space for women to do very strong, empowered roles, a different kind of cinema is being brought into this country with this new generation of directors and actors.

Elaborating further, Alizeh added that she made a reel of all her auditions and started showing it around to people.

She started getting good feedback. The actress revealed that 'Farrey' was offered to her in an organic manner. Alizeh went on to say that Somendra (Padhi) sir has won a National Award, he has got a lot of credibility and that was the biggest thing about this film. The actress added that she had a great learning experience because it felt like she was getting trained at a school of acting.

Alizeh expressed that family has given her a lot of freedom to make her own choices. **ETimes**

Kids should not work, says Natalie

Actress Natalie Portman doesn't encourage young people to become child actors. The 'Black Swan' star, 42, launched her career at age 12 when she starred in the action film 'Leon: The Professional' in 1994.

She admitted that it's only down to "luck" and having "overprotective parents" that she wasn't "harmed", reports 'Female First UK'. She told Variety: "I would not encourage young people to go into this. "I don't mean ever; I mean as children. I feel it was almost an accident of luck that I was not harmed, also combined with very overprotective, wonderful parents."

The 'Thor: Love and Thunder' star is hopeful that the industry is looking after young performers better these days. She said: "I've heard too many bad stories to think that any children should be part of it. Having said that, I know all the conversations that we've been having these past few years. It's made people more aware and careful."

However, she added: "But ultimately, I don't believe that kids should work. "I think kids should play and go to school."

As per 'Female First UK', Natalie - who has son Aleph, 12, and daughter Amalia, six, with husband Benjamin Millepied - didn't come away from being a child actor completely unscathed. Her classmates used to tease her for her career path because they believed she thought she was "special."

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Star couple on the ramp

Star couple Dynamic Prince Prajwal Devaraj and Ragini Prajwal set the ramp on fire at a fashion show presented by Ramesh Dembla. It has been billed as the most glamorous event held in the city so far this year.

"I am very happy to have an opportunity to give a kiss to my wife Ragini in front of everyone on the ramp. It is amazing to walk the ramp with her. I thank Ramesh Dembla for this," said Prajwal.

Ragini, who shared the screen with Prajwal in Kannada movie Inspector Vikram, said that it is the first time she is walking the ramp with him. "I attended some fashion shows presented by Ramesh Dembla but it was my first time with Prajwal," Ragini said.

It is also for the first time that 1MG-Lido Mall roping in Sandalwood stars for the fashion show.

Value of awards

Sudeep aka Kichcha Sudeep bagged Karnataka State Best Actor Award for his performance in Nandi that was released in December 2002. Sudeep also won the best villain award from Andhra Pradesh Government for his sterling performance in Telugu movie Eega. But Sudeep has not received the Karnataka State Award in the last two decades. Speaking at curtain raiser of Nandi Films Award 2023, Sudeep said he has been away from film award functions due to some reasons. "I attended the film award function for the year 2003-04. There is a reason I keep away from such award functions. I know how important it is for actors to win awards. I appeal to the organisers to select actors who value the awards. Nandi has its own sanctity. I want the organisers to ensure transparency in selecting actors," said Sudeep.

Former president of Karnataka Film Chamber of Commerce Ba Ma Harish said the award was named so as Nandi has a special importance in Karnataka.